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Book 32

Herbal Medicine

Bismillah inshallah maanirrahbeem

Text (Notes)

1. I have personally noticed that you can eat just about any growing plant, shrub etc

however, at the start, one must be careful not to consume much, and to stay on the safe side until your body adjusts to the healthy routine, take very little, and don't swallow if you can avoid it. This is more so at the beginning of your foraging and herbal medicine journey, and also when you meet new plants, fruits, shrubs etc